

Clinical alarm signs

My ankles swell-up



Hello Doctor



I have fever,
bronchitis
or cough



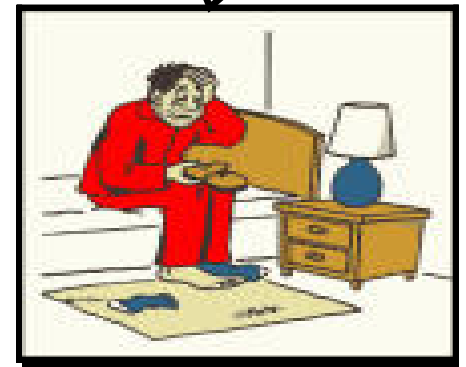
I put on 2 to 3 Kg
in a few days



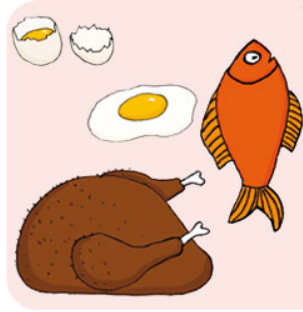
I am more breathless
than usual



I feel tired,
breathless, even
at rest



Eggs



Meat

Fresh or frozen fish

Salt-free cooked meals



Oil,
margarine,
butter,
cream



Milk and dairy
products



Salt-free bread and rusk



Homemade pastry
and biscuit



Low salt foods

Fresh or tinned fruit,
stewed fruit



Fresh or frozen vegetables

Sugar and
sugary foods



Dried fruit



Non effervescent drugs



Tea, coffee,
mineral or mountain spring
waters,
some sparkling waters



Spices and herbs



Pasta,
rice,
Potatoes:



Pulses



Homemade soup





Cheese



Cooked meats



Seafood



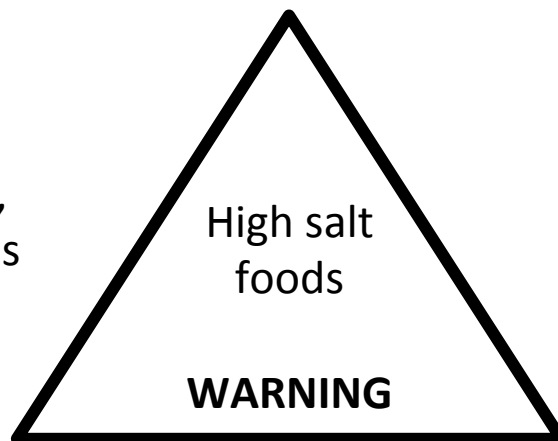
Ready-cooked meals



Some biscuits, pastries,
bread, breakfast cereals



Crisps



Canned
foods



Baking powder



Some sparkling
waters ($\text{Na}^+ > 50\text{mg/l}$)



Mustard, mayonnaise,
pickles, ketchup, anchovy,



Effervescent
drugs

